



Welcome to the September Bulldog Bites Digital Newsletter.

We welcome any suggestions or comments regarding the content.

# WELCOME

## JAMEL GUDE

Welcome Jamel Gude!

A Monticello native, Jamel was a multi-sport athlete and a top football player in High School. He soon became a big advocate for physical health and fitness. Jamel followed his passion in college and is now a Senior Exercise Science Major at Kennesaw State University. He became a NASM Certified Personal Trainer in April 2022. You will see Jamel at our front desk. He is also accepting Personal Training clients.

## CONGRATULATIONS !

☐ Congratulations to our Summer Fit Camp participants on completing their class. Way to go team! A big thanks to Randal Lane and Amanda Comer for their guidance and instruction throughout!

### Wellness Tracker

Activity	Date	Duration
Cardio	8/20	1 hour
Resistance Training	8/22	45 minutes
Group Class	8/24	1 hour



Total: 2:45

Many employers or insurance companies offer incentives for daily exercise. Track your fitness progress here at the gym. Whether you do cardio, resistance training, participate in a class, or all of the above, use your good habits to earn rewards. Let us know if we can help you achieve your goals or assist in documenting your work.

Contact Us

BULLDOG GYM IS 24X7

## Don't let a blip in your day, mean that you skip your workout.

24 hours a day, 7 days a week



We all like to have a schedule when it comes to working out. Sticking to a regular time and day(s) of the week gives the best results when it comes to consistency. However, sometimes life gets in the way! Don't let a blip in your day, mean that you skip your workout. Bulldog Gym is open to our members 24 hours daily, seven days a week. So even if you have to come later or earlier than usual, we are ready for you!

Staffed Hours

- ☐ M-Thurs: 8:30am-1:00pm; 3:00pm-7:00pm
- ☐ Friday: 8:30am-1:00pm
- ☐ Saturday: 9:00am-12:00pm

Fitness Calendar

### Group Fitness

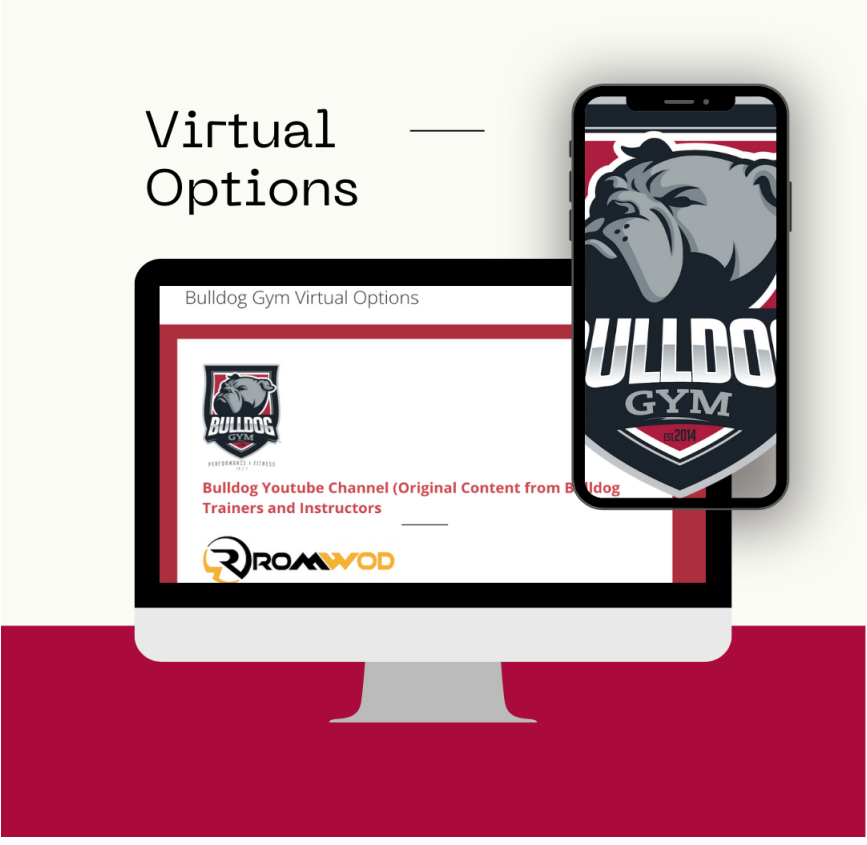


September 2022						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:30 AM		RIDE N SCULPT		RIDE N SCULPT	YOGA WITH JESSICA	
8:00 AM			YOGA			
9:00 AM			BULLDOG PUMP		BULLDOG PUMP	9:30AM ZUMBA TONING/ZUMBA TRADITIONAL
10:00 AM	SILVER SNEAKERS-CLASSIC	SILVER SNEAKERS-YOGA	SILVER SNEAKERS-CLASSIC	SILVER SNEAKERS-YOGA		
5:00/ 5:30 PM	SPIN-5:30 ZUMBA-5:30	5:30 TOTAL BODY FITNESS 5:45 GUTS & BUTTS WITH ERICA	SPIN-5:30 ZUMBA-5:30	5:00 TOTAL BODY FITNESS 5:45 GUTS & BUTTS WITH ERICA		
6:30 PM	FIT CAMP*	SERENITY YOGA	FIT CAMP*  *FEE ONLY CLASS	YOGA WITH JESSICA		

Come join a group fitness class to achieve your goals!

Please note that Fit Camp on Mondays and Wednesdays is a fee only class.

For a downloadable/printable version of our group fitness schedule click [here](#).



Sometimes you need to get to the gym, but you can't make it. Check out the virtual options available to our members.

[Virtual Options](#)



Do you have a big event planned in your future? Maybe high school reunion, vacation, or a wedding? Use that date as a target for your fitness plan. Set small, doable goals to help you achieve the look you want for the event. An Inbody Scan can give you the information you need to dial in your nutrition and workouts. Schedule yours today through the link below!

[Schedule Today](#)



Struggling to hit the target fitness goals that you want to reach? Maybe it's time to enlist the help of a professional. Bulldog Gym has several Personal Trainers on staff to help you. Check out their bios and see who is a good fit for you.

[Our Trainers](#)

## Staff Spotlight

Spotlight

Jessica Kelly



Jessica Kelly joined Bulldog Gym in 2019. She quickly developed a love for exercise by joining a fit camp class and participating in a rowing challenge. She developed a great appreciation for yoga to help destress and improve flexibly. She recently decided to become a certified yoga instructor.

Check out the other members of our Bulldog Team!

[Our Trainers](#)





## Cooler Weather Bulldog Gym Gear

It will be time for football games, hosting a bonfire, or a hike in the woods before you know it! Get your cooler season Bulldog Gym apparel now. You can select from many options to create a custom look for your hoodies or other gear. Order online, via the Bulldog Gym website and pay at pick-up. It couldn't be easier!

Shop the looks below.

[Apparel Store](#)

## Membership Info

# JOIN OUR PACK

**All of our plans include 24-hour gym access, group fitness classes, unlimited tanning, and a complimentary body composition analysis with fitness consultation. A one-time initiation fee of \$40 is applicable to all plans except for the annual plan. An initiation fee is also required for rejoining members.**

### MONTHLY

\$35/MONTH

Pay your membership fees monthly with credit/debit card or ACH. Cancel anytime.\*+

### QUARTERLY

\$105/QUARTER

Pay for 3-months in advance without credit card info on file.\*+

### 6-MONTH

\$192/SEMI-ANNUAL

Get a lower rate when you pre-pay and commit to 6 months of membership compared to the standard monthly payment membership.\*+

### ANNUAL

\$360/YEAR

Get an even lower rate when you pre-pay and commit to a full year of membership. Plus no initiation fee is required.\*+

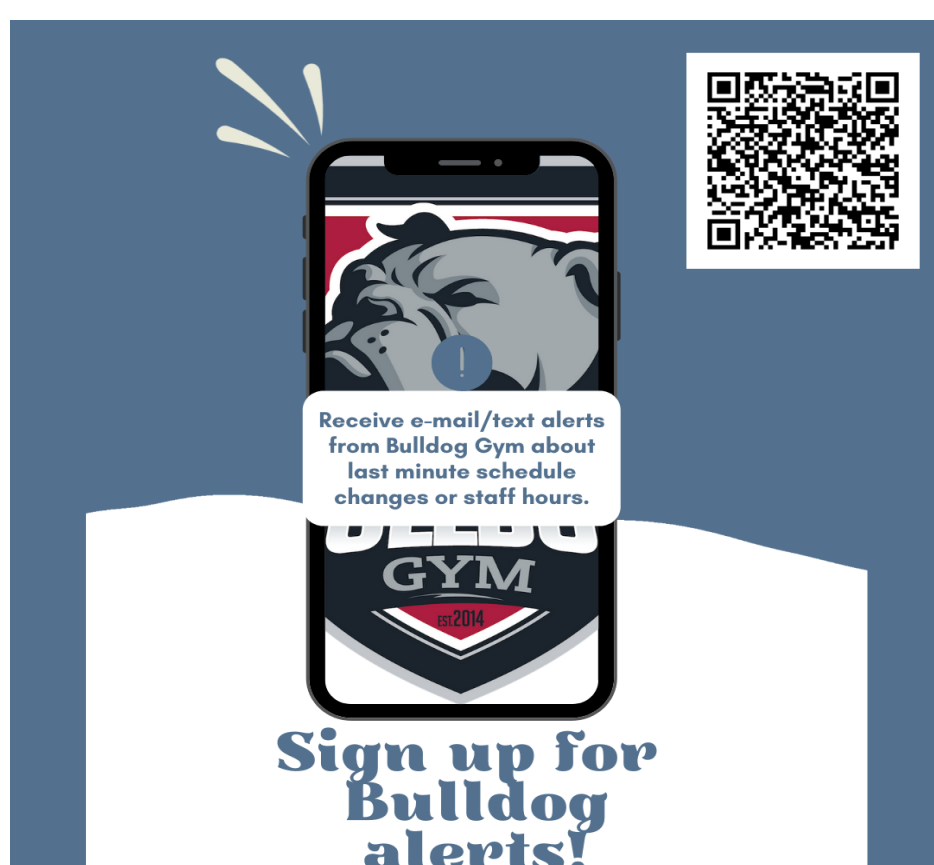


\*Plus pay \$20.00 Facility Fee annually on June 1st

+Memberships are subject to annual dues increases, see membership agreement.

Check out how you can join our pack with our membership plans on our website!

[Join Our Pack](#)



Want to stay in the know??

Sign up for our Bulldog Member Alert! This alert system will help you stay in the know by receiving e-mails/text alerts for last-minute class changes and/or staff hours changes.

To sign up, click the link below and enter your information for notifications. It really is that easy!

[Sign Up](#)

We really appreciate feedback from our members and friends. If you haven't responded to a recent survey, we would appreciate it if you click on the following button link and provide your input.

[Feedback](#)

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